

Lincoln's Menu Just Keeps Getting Better

By MCSN BRANDON WILSON
Penny Press staff

USS Abraham Lincoln's (CVN 72) S-2 division of Supply Department introduced the crew to the Navy's new-and-improved food franchise Monday.

The ship's mess decks now provide a much larger selection of food, including more meats, more pasta and noodles, and more grab-and-go snacks. Also, the crew can now serve themselves while in line, giving them more freedom to choose how large or small their portions may be.

"It helps the morale of the crew," said Chief Warrant Officer Michael Hill. "They have a better selection of food to eat and have different stations where they can go to eat; kind of like a restaurant."

According to Hill, Lincoln is the first carrier to implement the prototype menu. It is designed to service a ship's crew as well as an attached Air Wing. The objective is to make a ship's quality of life better, and if Lincoln has a successful outcome, all other U.S. Navy carriers will follow.

"The goal is to allow someone to walk on any carrier in the Navy and still get the same product," said Hill. "It's the same as if you went to an Applebee's or McDonald's. You want the same consistency throughout all carriers."

Hill said that the two main chow lines for E-1 through E-6 are expected to decrease in size because of the better selection of lines to stand in. Instead of waiting in the port and starboard food lines, Sailors can go straight to the grab-and-go bar, hot dog bar, or pasta bar. There will also be two more bars opening by July,



Photo By MCSN Brandon Wilson

Culinary Specialist Seaman Carmela Barton places grab-and-go snacks on the quick line counter on the aft mess decks. The snacks are part of a new menu designed to give Sailors more choices about what they eat as well as a healthier selection of food.

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"Underway" Training Prepares Crew For Sea

By MC3 JAMES R. EVANS
Penny Press staff

Sailors aboard USS Abraham Lincoln (CVN 72) participated in ship-wide exercises this week aimed at returning the ship and its crew to operational status following an extended stay at Puget Sound Naval Shipyard.

General Quarters (GQ), engineering, crash and salvage, man overboard, sighting team, security, and other drills were all conducted during a simulated underway period Tuesday and Wednesday, in which the crew remained aboard the ship for a full day and night operating on an at-sea schedule.

"The fact that we're done with most

of the work we had to do in the yards means we can shift our focus now to training," said Aviation Boatswain's Mate (Handling) 1st Class (AW) Billy Ramirez, leading petty officer of Air Department's crash and salvage team.

Ramirez and the rest of crash and

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Navy-Marine Corps Relief Society to Hold Fund Drive

By LTJG NIC VONDRAK
Special to the Penny Press

Abraham Lincoln's 2007 Active Duty Fund Drive in support of the Navy-Marine Corps Relief Society will be conducted March 27 through April 27.

The Navy-Marine Corps Relief Society (NMCRS) provides assistance to Sailors, Marines, and their families in time of need. For Abraham Lincoln, 189 interest free loans totaling \$148,843 were disbursed, as well as 43 grants totaling \$23,475 in 2006. The majority of these loans and grants provided financial relief during unforeseen emergencies.

In addition to financial assistance, the Navy-Marine Corps Relief Society provides budget counseling, post-secondary education scholarships and loans for spouses and dependent children of active duty service members, and dependent children of retired Sailors and Marines. It also dispenses complimentary layettes or junior seabags to new parents, and administers a visiting nurse program and thrift shops, as well as helping clients identify a variety of other

resources.

Donations are accepted in the form of payroll deductions (allotments), checks, cash or Navy Cash. Servicemembers are encouraged to contribute by allotment since the donation can be spread over a 12-month period, thereby minimizing

Navy-Marine Corps Relief Society



the financial impact on a member's budget. For those unable to make a monetary donation, the society would be pleased to have their assistance as a society volunteer. See your department representative for details.

For Abraham Lincoln, fund drive points of contact are LTJG Vondrak and ITC Swenson. The phone number for the Naval Station Everett NMCRS branch is 425-304-3203. The phone number for the Naval Base Kitsap

Bremerton NMCRS branch is (360) 377-0602. For the Everett branch, call (425) 304-3203. Additional information can also be found at www.nmcra.org. Throughout the month of April, the Navy-Marine Corps Relief Society Fund Drive committee will be conducting raffles, pizza sales and bake sales. Examples of the raffle prizes include 24 hour and 72 hour special liberty chits, CO/XO/CMC parking spots, dinner in the Commanding Officer's inport cabin and a cash prize to the winner. Contact your Departmental Navy-Marine Corps Relief Society representative and stay tuned to Site-TV for more information.

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<http://www.herosalute.com>



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Lincoln Pride



PHOTOS BY MC3 JAMES R.
EVANS & MCSN BRANDON
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BACK INTO THE SWING OF THINGS

Local News



Photo By MC3 James R. Evans

Aviation Boatswain's Mate (Handling) 1st Class Alton Keith leads a hose team into a simulated fire during a GQ drill in the hangar bay of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

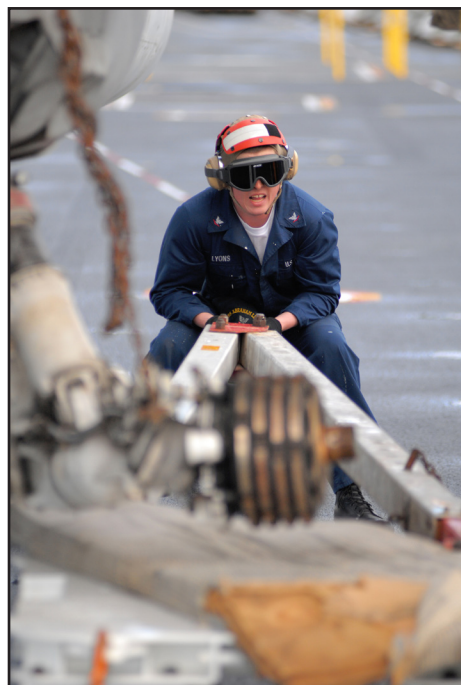


Photo By MC3 James R. Evans

Aviation Boatswain's Mate (Handling) 3rd Class Michael Lyons of Air Department V-1 Crash and Salvage positions a dolly beneath the landing gear of a simulated crashed aircraft on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

DRILLS

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salvage spent much of their simulated underway practicing aircraft salvage scenarios on the flight deck. Using a specially rigged forklift, mattresses, tie-down straps, and a dolly, about 20 sailors trained to quickly rig and move an aircraft that has sheared its landing gear on touch-down.

"It's all about preparing to go to sea," said Ramirez "We've also got some graded trials coming up for flight deck certification – so it's good to be able to practice outside the shipyard environment."

Tuesday, Lincoln's entire crew took part in a GQ drill, an exercise designed to simulate a major emergency aboard the ship. Hands-on training was conducted in every department in addition to damage control scenarios in the hangar bay and throughout the ship.

"There are a lot of new sailors onboard so we have tons of training to do," said Chief Personnel Specialist (SW/AW) James E. Robertson, a

member of Lincoln's Damage Control Training Team.

Robertson said that because about 40 percent of Lincoln's crew are new to the ship since its last major underway period in 2006, hands-on training in a simulated at-sea environment is crucial to achieving operational status.

"When you first come aboard, you don't really know where much of anything is outside of your workstation, berthing, and the mess deck," said Robertson. "The challenge for us on the training team is to get these new people comfortable moving around the ship in areas that they may not be familiar with -- and being able to do it if the ship were filled with smoke."

During Tuesday evening's drill, Robertson supervised a team of fire investigators as they moved through the ship in full fire fighting equipment. The team was faced with various scenarios that would occur during an actual shipboard emergency and instructed on how to deal with them.

"In one space we had a smoke machine going so when they opened the hatch—Poof, it hit them in the face and they had to turn on their oxygen and go through the motions as if it were an actual smoke-filled space," said Robertson.

Not all challenges were as self-explanatory. Robertson said that much of the night's training was meant to familiarize new team members with what damage control symbols are used to represent different hazards during training events.

"If one of our investigators sees a piece of bubble wrap taped to a bulkhead, they need to know that during a GQ that represents bubbled paint, an indication of fire in the adjoining space," said Robertson.

Lincoln's crew can expect to see more training, simulated underway periods and drills in the coming weeks as the ship works to transition from a shipyard environment to operational status.

Local Stories

MENU

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once new equipment arrives.

The menu also requires healthier ways of preparing food. S-2 has removed all deep-fat fryers from the kitchens to provide healthier choices for the crew. Food that was previously fried will now be baked or steamed.

"Research has been done on this menu by Navy Supply System Command dietitians," said Hill. "Out of a test score of 100, the new menu received a 96, meaning that the food is very healthy."

From Culinary Specialist Seaman Kenny Tello's perspective, the labor-intensive changes result in more food production in the kitchen. Eight meats are prepared instead of three, but many of them no longer need to be cooked from scratch. Now they simply need to be heated.

"It's a lot better now that we have to be more organized and fast-paced," said Tello. "It's preparing us better as well, because we know that if we want to be in the real restaurant business, it's going to be a lot faster."

According to the comment cards S-2 has received from the crew, most Sailors like what they have seen, and have approved of the changes made.

Since the developments in the mess decks have proven to work for those who prepare the food as well as those who eat the food, the franchise is expected to remain as Lincoln's permanent menu.

Women's History Month Profile

By MC2 (SW) MICHAEL COOK
Penny Press staff

Editors Note:

March is National Women's History Month. In the past few weeks, USS Abraham Lincoln (CVN 72) and the "Penny Press" have been providing a history of the significant role women have performed in the military. This week, we'll take a look at a Lincoln Sailor whose grandmother was a pioneering force for generations of Navy women to come.

Hull Technician 2nd Class (SW/AW) Holly Gardner of Abe's Engineering Department joined the Navy nearly five years ago. Originally from Salida, Co., Gardner enlisted in the Navy not knowing the legacy that preceded her.

Gardner's grandmother, Melva Arevela, had never told her granddaughter that she too had served in the same uniform many years ago.

"I guess I just never really asked her," Gardner said. "She had always been an accountant when I was growing up, and I just assumed that she had done that all her life."

Gardner was partially right. Her grandmother had been an accountant most of her life, but she used to do accounting for the Navy.

Arevela enlisted during a turbulent time for America and hoped to help serve her country in any way she could.

In August 1942, the Navy called on the help of women to join in the Women Accepted for

Volunteer Emergency Services (WAVES) program. Within a year of its inception, nearly 27,000 women had joined WAVES to help the WWII efforts. Arevela was one of these women who helped pave the road for generations to come, including her granddaughter.

"She originally did mostly administrative work," Gardner said. "She wrote letters and did paperwork but she slowly moved up and started doing finances and accounting for the Navy."

According to Garner, once Arevela's enlistment was up, the Navy asked her to work as a civilian accountant and help manage the finances for the Department of the Navy. Arevela denied the job at first, because of the low pay. She stuck to her guns and held out, until the Navy finally offered her an amount she thought was acceptable, according to Gardner. Arevela accepted the offer and provided years of service in a civilian status.

"I think it's awesome," Gardner said of her grandmother's work. "I had no idea until she told me after I joined."

Gardner, now at her second command, hopes to make the Navy a career. She still looks to her grandmother for guidance at times, and loves to hear her talk about the time she spent in the service. "She suffered a stroke a while back," Gardner said, "but she still talks about what it was like sometimes. I'm really close to her, and she's a very strong woman."

Welcome Aboard USS Lincoln

USS Abraham Lincoln (CVN 72)

would like to welcome the following Sailors on board:



AA Kristina Davis
AC2 Alan Archbold
AC2 Lawrence Williams
AC3 Cynthia Leshner
AE2 Howard Jarrell Jr.
AN Tou Vue
AOAA Quintin King
AOAN Paul Gittens
AOAN Troy Douglas
AR Jordan Daigle
AR Michael Jackson
ASAA Jeffrey Karnes
ATAR Mason Jones.
AZAN Tevis Clark
DC1 Phillip Losier
DCFA Robert Gamble
EM3 David Villagomez
EMFA Thomas Walker
EMFR Vernon Helmsbolt
ET2 Anthony Souza

ET3 Jomie Tebbetts
ET3 Stephanie Davidson
ETC Jeremy Gross
HMC Dennis Moore
HTFN Joshua Johnson
HTFR Adam Pearson
HTFR Alan Wheeler
HTFR Jose Garcia
ICFA Amila West
IT1 Evelyn Culla
MM3 Christopher Racino
MM3 Jeremy Martin
MM3 Marten Cardini
MM3 Patrick Grant Jr.
MM3 Sarah Korte
MMFN Adrian Gardner
MMFN Kyle Gish
MMFR Edward Lee
MMFR Stephen Gibbs
MMFR Zachery Boddicke

MRFR Timothy Moody
SA Philip Oleck
SKSN Thomas Egge
SKSR David Cronin
SKSR Samantha Herila
SR Anthony Berreman
SR Archie Bailey
SR Chase Butler



Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photos by MC3 James R. Evans

Captain C.A. McCawley, Commanding Officer of USS Abraham Lincoln, presents Machinist's Mate 2nd Class (SW/AW) Joseph Ingle of Engineering Department and Hull Technician Fireman Tyrel Bratlee assigned to Lincoln's door and ladder team with awards for being Lincoln's workers of the week.

Editor's Top 10

Headlines we're considering for next week...

10. "Streisand Announces A Farewell Tour"
9. "Al Gore Replaces James Brown As Godfather Of Soul"
8. "Dick Clark Rings In New Year On March 30th 'Just In Case'"
7. "Larry King Still Looks Like An Owl"
6. "P. Diddy Announces New Name Change To 'Sally'"
5. "Madonna Adopts Kevin Federline"
4. "Stallone To Start Filming 'Rocky Balboa II: Rocky VII'"
3. "Trump Buys 'The View,' Fires Rosie"
2. "Crisis In Iraq Over: Angelina Jolie Adopts The Whole Country"
1. "O'Reilly And Oprah To Wed"